

CLAIMS:

Claims 1-80 (Canceled)

81. (New) A steering apparatus for control of a vehicle by a rider, including
- handlebars which are independently adjustable between at least two positions, and
- arm rests associated with each of the handlebars,
- characterised in that each arm rest is configured to activate an actuator for the transfer of the respective handlebar between a second position and a first position.
82. (New) A steering apparatus for control of a vehicle as claimed in claim 81 wherein the second position is a base position.
83. (New) A steering apparatus for control of a vehicle as claimed in claim 81 wherein the first position is an aero position.
84. (New) A steering apparatus for control of a vehicle as claimed in claim 81 wherein each handlebar independently pivots around a central point.
85. (New) A steering apparatus for control of a vehicle as claimed in claim 81 wherein the handlebars include at least one resilience means which is in an extended/loaded configuration when the handlebars are in the second position.
86. (New) A steering apparatus for control of a vehicle as claimed in claim 85 wherein the resilience means is a spring.

87. (New) A steering apparatus for control of a vehicle as claimed in claim 81 which also includes a releasable locking means which engages the handlebars when in the second position, and releases the handlebars when the actuator is activated.
88. (New) A steering apparatus for control of a vehicle as claimed in claim 81 wherein the arm rests are configured to receive pressure from the rider's arms, which activates the actuator.
89. (New) A steering apparatus for control of a vehicle as claimed in claim 81 wherein when the actuator is activated the handlebar is transferred from the second position to the first position.
90. (New) A steering apparatus for control of a vehicle as claimed in claim 88 which also includes a releasable locking means which engages the handlebars when in the first position, and releases the handlebars when the rider removes their arms from the arm rests.
91. (New) A steering apparatus for control of a vehicle as claimed in claim 81 wherein the vehicle is a bicycle.
92. (New) A method of transferring a handlebar of a steering apparatus for control of a vehicle between a second position and a first position, said method characterized by the steps of:
 - a) the rider applying pressure to an arm rest;
 - b) the pressure applied to the arm rest activating the actuator;
 - c) activation of the actuator releasing the corresponding handlebar from a releasable locked second position enabling the handlebar to transfer to a first position.

93. (New) A method of transferring a steering apparatus for control of a vehicle between a second position and a first position as claimed in claim 92 also including the additional step of:
- d) repeating steps a) to c) for the second handlebar.
94. (New) A method of transferring a steering apparatus for control of a vehicle between a second position and a first position as claimed in claim 92 wherein the handlebars are transferred from the second position to the first position simultaneously.
95. (New) A method of transferring a handle bar of a steering apparatus for control of a vehicle as claimed in claim 92 between a first position and a second position, said method characterized by the steps of:
- a) the rider removing their arm from the arm rest;
 - b) the rider applying pressure to the handlebar against the pressure of the resilience means to transfer the handlebar to the second position; and
 - c) the rider maintaining pressure on the handlebar until the releaseable lock secures the handlebar in the second position.
96. (New) A method of transferring a steering apparatus for control of a vehicle between a a first position and second position as claimed in claim 95 also including the additional step of:
- d) repeating steps a) to c) for the second handlebar.
97. (New) A method of transferring a steering apparatus for control of a vehicle between a a first position and second position as claimed in claim

- 95 wherein the handlebars are transferred from the first position to the second position simultaneously.
98. (New) A method of transferring a handlebar of a steering apparatus as claimed in claim 92 wherein the vehicle is a bicycle.
99. (New) A vehicle including a steering apparatus as claimed in claims 81.
100. (New) A bicycle including a steering apparatus as claimed in claim 81.